

Abstract The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. A total of 60 male subjects were recruited from a health club and divided into two groups based on their level of physical activity. The first group consisted of 30 sedentary subjects and the second group consisted of 30 active subjects. All subjects completed a questionnaire that assessed various risk factors for low back pain, including demographic information, occupational history, lifestyle habits, and physical activity levels. The results of the study indicated that the prevalence of low back pain was significantly higher in the sedentary group compared to the active group. Furthermore, the prevalence of several risk factors, such as smoking, alcohol consumption, and poor posture, was also higher in the sedentary group. These findings suggest that regular physical activity may play a protective role against the development of low back pain.

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Class	Subclass	Date	Examiner

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